

Study of intestinal parasites in food handlers of the city of Saqqez

Abstract

Background: Intestinal parasitic infections are considered as one of the most important health concerns in many countries. Failure in proper dealing with principles of personal and occupational health by the people working in different lines of food industries may lead to transmission of the agents of parasitic infections.

Objective This study was aimed at determining the prevalence of parasitic infections among the food handlers of Saqqez ciyy in 2016.

Materials and Methods: This was a descriptive cross-sectional study carried out by parasitological examination of stool samples collected from 1530 food handlers referred to the local health center in Saqqez city for periodic laboratory test on parasitic infections to validate and renew their occupational license. All samples were examined by both direct technique (wet mount using saline plus lugol) and sedimentation technique using formalin-ethyl acetate for detecting the intestinal parasites.

Results: Of total participants, 1462 (95.6%) were male and 62 (4.4%) female. Intestinal parasitic infections were found in 92 (6.01%) individuals. The highest infection rate was due to *Giardia lamblia* (4.1%) and the lowest associated with *Endolimax nana*, *Iodamoeba butschlii*, and *Hymenolepis nana* (0.1%). No significant correlation between the intestinal parasitic infections and age, gender, education level, gastrointestinal signs and symptoms, and the type of profession, was established.

Conclusion: The results of the present study revealed that only a small number of food handlers in Saqqez city were infected with intestinal parasites with *G. lamblia* as the most common cause of infection. More strict health control for those working in food industries is of vital importance and continuous education to improve the level of general health in these people is undoubtedly considered as a key determinant towards lower number of parasitic infections.

Keywords: Prevalence, Intestinal parasitic infection, Food handlers



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